

Non-Food Rewards

Students learn what they live. Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

Sit by friends
Watch a video
Read outdoors
Teach the class
Have extra art time
Enjoy class outdoors
Have an extra recess
Play a computer game
Read to a younger class
Get a no homework pass
Play Tag or Hide and Seek
Make deliveries to the office
Listen to music while working
Play a favorite game or puzzle
Earn play money for privileges
Walk with a teacher during lunch
Eat lunch outdoors with the class
Be a helper in another classroom
Eat lunch with a teacher or principal
Dance to favorite music in the classroom
Have lunch or breakfast in the classroom
Sing fun songs (songs with actions are fun)
Be first in line when the class leaves the room
Get a “free choice” time at the end of the day
Listen with a headset to a book on audiotape
Have a teacher perform special skills (i.e. sing)
Have a teacher read a special book to the class
Take a trip to the treasure box (filled with; stickers, tattoos, pencils, erasers, bookmarks, desktop tents, etc.,)

Healthy School Parties

Students are taught in the classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. This sends a mixed message- that good nutrition is just an academic exercise that is not important to their health or education. To send the right message administrators, parents, teachers and students need to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones. Below are some suggestions for healthier party treats.

- Milk/ flavored milk
- 100% Juice
- Water/ flavored water (calorie free)
- Fresh fruit assortment
- Fruit and cheese kabobs
- 100% Fruit Snacks
- Vegetable trays
- String Cheese/cheese cubes
- Pretzels
- Low-fat popcorn
- Graham crackers
- Vanilla wafers
- Animal Crackers
- Angel Food Cake
- Pizza with low-fat toppings
- Apples with fat-free caramel dip
- Pizza dippers (pizza toppings and bread on skewer with marinara dip)
- Wraps or sandwiches- turkey, roast beef, ham, tuna, tofu, veggie, or chicken salad
- Instant pudding made with milk
- Yogurt Parfaits (yogurt, berries, granola, layered)
- Yogurt Smoothies
- Yogurt in a tube (try frozen)
- Quesadillas with salsa
- Low-fat breakfast or granola bars
- Trail/Cereal mixes
- Peanut butter with apples or celery
- Crackers with cheese

Recipes

Easy low-fat fruit dip

- ½ cup vanilla low fat yogurt
- 1 teaspoon honey
- ¼ teaspoon cinnamon
- ¼ tsp nutmeg

Directions: mix together until blended. Serve with your favorite fruits!

Homemade Trail Mix

- 2 cups Cheerios cereal
- 1 cup chocolate chips
- ½ cup peanuts
- 1 cup Rice Chex
- 1 ½ cup Raisins
- ½ cup coconut
- 2 cups Puffed Wheat

Directions: Mix all ingredients together. Serve with an ice cold glass of milk!

NOTE: Remember food safety - - --KEEP COLD FOODS COLD AND HOT FOODS HOT.